



Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

Managing Your Pain: Which Approach Is Right for You?

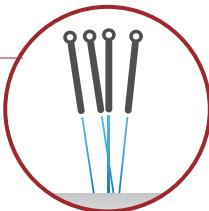
Although prescription pain medications can be effective at treating certain types of pain, there are different treatment options and therapies available. Whether one approach is safer and more effective than another will depend on your unique situation.

To minimize the risk of negative effects and ensure the best possible treatment of your pain:

- Learn as much as possible about the therapy you are considering.
- Discuss all treatments, including complementary and nonpharmacologic practices, with your doctor before beginning or changing a treatment approach.

Acupuncture

Acupuncture is a practice that involves the stimulation of specific points on the body, usually through the insertion of thin needles into the skin.¹



<https://nccih.nih.gov/health/acupuncture/introduction>

Chiropractic

Chiropractic care typically involves manipulation or adjustment of the spine and other parts of the body by a chiropractor or osteopath.^{2,3} Chiropractors are health care professionals who are licensed by the state in which they practice.⁶

<https://nccih.nih.gov/health/spinalmanipulation>

<https://nccih.nih.gov/health/chiropractic/introduction.htm>



Cognitive behavioral therapy

Cognitive behavioral therapy is a form of psychotherapy that focuses on helping patients change their thinking patterns in order to change unhealthy behavior or moods.⁴ Sessions involve structured meetings with a trained mental health counselor or psychologist for a limited amount of time.⁴ Cognitive behavioral therapy often involves relaxation exercises, journal writing, and certain stress and pain relief methods.

<http://www.nimh.nih.gov/health/topics/psychotherapies/index.shtml>



Massage therapy

Massage therapy may have many different forms, but typically massage therapy involves the manipulation of soft tissue for health-related issues.³

<https://nccih.nih.gov/health/massage/massageintroduction.htm>



WWW.CDC.GOV/DRUGOVERDOSE



continued... >>>

Meditation and relaxation

Relaxation techniques are practices used to provoke the natural relaxation response of the body—slowing breathing, reducing heart rate and blood pressure, and producing a feeling of calm.³ Some common forms of relaxation practices include guided imagery, deep breathing, biofeedback, self-hypnosis, and progressive relaxation.⁶



<https://nccih.nih.gov/health/meditation/overview.htm>

<https://nccih.nih.gov/health/stress/relaxation.htm>

Physical therapy

Physical therapy is a rehabilitative process that may include a number of different physical techniques, including heat and cold, exercise, massage, and electrical stimulation to improve functioning and manage pain.^{5,6} Practitioners of physical therapy are health care professionals who are licensed by the state in which they practice.⁶



<http://www.moveforwardpt.com/Default.aspx>

Yoga

Yoga is a mind and body practice that combines breathing techniques, physical postures, and meditation or relaxation.³ Many different styles of yoga exist, varying in focus and intensity of physical movement.



<https://nccih.nih.gov/health/yoga/introduction.htm>

ADDITIONAL INFORMATION

Find more information on safer, more effective pain management in the CDC Guideline for Prescribing Opioids for Chronic Pain.

<http://www.cdc.gov/drugoverdose/prescribing/guideline.html>

Find more information on complementary and nonpharmacologic approaches to pain management.

<https://nccih.nih.gov/health/pain/ebook>

Find more information on helpful tips on how to locate and evaluate online resources for complementary and nonpharmacologic approaches.

<https://nccih.nih.gov/health/webresources>

Find more information on licensing and credentialing of complementary health practitioners.

<https://nccih.nih.gov/health/decisions/credentialing.htm>

NEED HELP?

Call 1-800-662-HELP (4357) for 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

www.samhsa.gov/find-help

¹ National Center for Complementary and Integrative Health. (2016). Pain: Considering complementary approaches. Retrieved from <https://nccih.nih.gov/health/pain/ebook>

² National Center for Complementary and Integrative Health. (2016). Chiropractic: An introduction. Retrieved from https://nccih.nih.gov/sites/nccam.nih.gov/files/D403_06-07-2012.pdf

³ National Center for Complementary and Integrative Health. (2016). Get the facts: Yoga for health. Retrieved from [https://nccih.nih.gov/sites/nccam.nih.gov/files/Get_The_Facts_Yoga_for_Health_06-04-2013 \(2\).pdf](https://nccih.nih.gov/sites/nccam.nih.gov/files/Get_The_Facts_Yoga_for_Health_06-04-2013 (2).pdf)

⁴ National Institute of Mental Health. (2016). Psychotherapies. Retrieved from <http://www.nimh.nih.gov/health/topics/psychotherapies/index.shtml>

⁵ National Institute of Neurological Disorders and Stroke. (2014). Pain: Hope through research. Retrieved from <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Hope-Through-Research/Pain-Hope-Through-Research>

⁶ American Physical Therapy Association. (2017). Choosing your physical therapist: How to choose a physical therapist. Retrieved from http://www.moveforwardpt.com/Resources/Choose.aspx#.VPSfD_nf-3c





Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

Managing Your Pain: Which Approach Is Right for You?

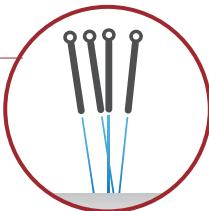
Although prescription pain medications can be effective at treating certain types of pain, there are different treatment options and therapies available. Whether one approach is safer and more effective than another will depend on your unique situation.

To minimize the risk of negative effects and ensure the best possible treatment of your pain:

- Learn as much as possible about the therapy you are considering.
- Discuss all treatments, including complementary and nonpharmacologic practices, with your doctor before beginning or changing a treatment approach.

Acupuncture

Acupuncture is a practice that involves the stimulation of specific points on the body, usually through the insertion of thin needles into the skin.¹



<https://nccih.nih.gov/health/acupuncture/introduction>

Chiropractic

Chiropractic care typically involves manipulation or adjustment of the spine and other parts of the body by a chiropractor or osteopath.^{2,3} Chiropractors are health care professionals who are licensed by the state in which they practice.⁶

<https://nccih.nih.gov/health/spinalmanipulation>

<https://nccih.nih.gov/health/chiropractic/introduction.htm>



Cognitive behavioral therapy

Cognitive behavioral therapy is a form of psychotherapy that focuses on helping patients change their thinking patterns in order to change unhealthy behavior or moods.⁴ Sessions involve structured meetings with a trained mental health counselor or psychologist for a limited amount of time.⁴ Cognitive behavioral therapy often involves relaxation exercises, journal writing, and certain stress and pain relief methods.

<http://www.nimh.nih.gov/health/topics/psychotherapies/index.shtml>



Massage therapy

Massage therapy may have many different forms, but typically massage therapy involves the manipulation of soft tissue for health-related issues.³

<https://nccih.nih.gov/health/massage/massageintroduction.htm>



WWW.CDC.GOV/DRUGOVERDOSE



continued... >>>

Meditation and relaxation

Relaxation techniques are practices used to provoke the natural relaxation response of the body—slowing breathing, reducing heart rate and blood pressure, and producing a feeling of calm.³ Some common forms of relaxation practices include guided imagery, deep breathing, biofeedback, self-hypnosis, and progressive relaxation.⁶



<https://nccih.nih.gov/health/meditation/overview.htm>

<https://nccih.nih.gov/health/stress/relaxation.htm>

Physical therapy

Physical therapy is a rehabilitative process that may include a number of different physical techniques, including heat and cold, exercise, massage, and electrical stimulation to improve functioning and manage pain.^{5,6} Practitioners of physical therapy are health care professionals who are licensed by the state in which they practice.⁶



<http://www.moveforwardpt.com/Default.aspx>

Yoga

Yoga is a mind and body practice that combines breathing techniques, physical postures, and meditation or relaxation.³ Many different styles of yoga exist, varying in focus and intensity of physical movement.



<https://nccih.nih.gov/health/yoga/introduction.htm>

ADDITIONAL INFORMATION

Find more information on safer, more effective pain management in the CDC Guideline for Prescribing Opioids for Chronic Pain.

<http://www.cdc.gov/drugoverdose/prescribing/guideline.html>

Find more information on complementary and nonpharmacologic approaches to pain management.

<https://nccih.nih.gov/health/pain/ebook>

Find more information on helpful tips on how to locate and evaluate online resources for complementary and nonpharmacologic approaches.

<https://nccih.nih.gov/health/webresources>

Find more information on licensing and credentialing of complementary health practitioners.

<https://nccih.nih.gov/health/decisions/credentialing.htm>

NEED HELP?

Call 1-800-662-HELP (4357) for 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

www.samhsa.gov/find-help

¹ National Center for Complementary and Integrative Health. (2016). Pain: Considering complementary approaches. Retrieved from <https://nccih.nih.gov/health/pain/ebook>

² National Center for Complementary and Integrative Health. (2016). Chiropractic: An introduction. Retrieved from https://nccih.nih.gov/sites/nccam.nih.gov/files/D403_06-07-2012.pdf

³ National Center for Complementary and Integrative Health. (2016). Get the facts: Yoga for health. Retrieved from [https://nccih.nih.gov/sites/nccam.nih.gov/files/Get_The_Facts_Yoga_for_Health_06-04-2013 \(2\).pdf](https://nccih.nih.gov/sites/nccam.nih.gov/files/Get_The_Facts_Yoga_for_Health_06-04-2013 (2).pdf)

⁴ National Institute of Mental Health. (2016). Psychotherapies. Retrieved from <http://www.nimh.nih.gov/health/topics/psychotherapies/index.shtml>

⁵ National Institute of Neurological Disorders and Stroke. (2014). Pain: Hope through research. Retrieved from <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Hope-Through-Research/Pain-Hope-Through-Research>

⁶ American Physical Therapy Association. (2017). Choosing your physical therapist: How to choose a physical therapist. Retrieved from http://www.moveforwardpt.com/Resources/Choose.aspx#.VPSfD_nf-3c





Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

Dangerous Drug Interactions

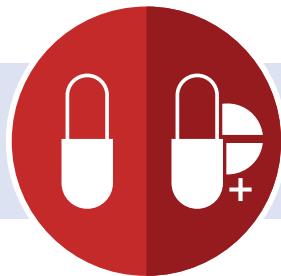
Please consult your health care provider before using prescription pain medications with other substances.

Did you know...

According to the CDC, about one-half of deaths from prescription pain medications involve the use of at least one other drug.¹



Mixing opioids with other substances can cause dangerous side effects, including breathing trouble, coma, and even permanent brain damage or death.^{2,3}



If you are taking prescription pain medications, do NOT take the following without first talking to your health care provider:

- **Alcohol** (including beer, wine, and liquor)
- **Antihistamines** (including allergy medications such as Benadryl®)
- **Cough medicine/cough syrup**
- **Barbiturates and benzodiazepines** (often used as sleeping pills and sedatives, such as Ambien®, Xanax®, and Valium®)
- **General anesthetics** (often used for surgery)



To find more information on safer, more effective pain management in the CDC Guideline for Prescribing Opioids for Chronic Pain, visit <http://www.cdc.gov/drugoverdose/prescribing/guideline.html>.

IN CASE OF EMERGENCY

Call 9-1-1 or the National Poison Help number at 1-800-222-1222.



¹ Centers for Disease Control and Prevention. (2016). Drugs most frequently involved in drug overdose deaths: United States, 2010–2014. *National Vital Statistics Report* 65(10).

² National Institute on Drug Abuse. (2016). Misuse of prescription drugs: Is it safe to use opioid drugs with other medications? Retrieved from <http://www.drugabuse.gov/publications/research-reports/prescription-drugs/opioids/it-safe-to-use-opioid-drugs-other-medications>

³ National Institute on Drug Abuse. (2017). Drug facts: Prescription pain medications (Opioids). *NIDA for Teens*. Retrieved from <https://teens.drugabuse.gov/drug-facts/prescription-pain-medications-opioids>



Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

What Are the Risks of Opioid Pain Medications?

Side Effects and Interactions

Opioids can cause unpleasant side effects such as drowsiness, constipation, and slowed breathing. Some of these effects may be increased by:

- Taking them in combination with alcohol, sedatives, or other medications;
- Taking them in high doses or more often than prescribed; or
- Taking them in a different manner than directed, like crushing pills to snort or inject.¹

In 2015, an estimated 2 million people ages 12 or older had an opioid use disorder.²

Opioid Use Disorders and Overdose

After taking certain opioids regularly for a short time, some individuals could become physically dependent and experience uncomfortable withdrawal symptoms when stopping the medication. Misusing these medications increases the risk of:

- Substance use disorders, including addiction;
- Overdose; and
- Death.^{1,3}

PROTECT YOURSELF

Talk to your health care provider

ALWAYS:

1. Tell your health care provider about all other medications you are taking, including over-the-counter medications.
2. Ask if there are nonpharmacologic treatments that may be effective, like physical therapy or non-opioid medications.
3. Avoid alcohol and illicit drugs when taking prescription pain relievers.
4. Store your medication in a safe place and dispose of unused amounts appropriately.
5. Talk to your health care provider about how to stop taking opioids safely as soon as your treatment is over, and what to do if the medication is not adequately treating your pain.
6. Use opioids only as directed by your health care provider.
7. Refrain from sharing prescriptions with friends or family—it is dangerous and illegal.
8. Talk to your health care provider about what to expect from your medications—such as whether pain will be completely eliminated or decreased.

ADDITIONAL INFORMATION

For more information about overdose from opioids, visit www.cdc.gov/drugoverdose or <https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Updated-2016/SMA16-4742>.

¹ National Institute on Drug Abuse. (2014). DrugFacts: Prescription and over-the-counter medications. Retrieved from <http://www.drugabuse.gov/publications/drugfacts/prescription-over-counter-medications>

² Center for Behavioral Health Statistics and Quality. (2016). Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health (HHS Publication No. SMA 16-4984, NSDUH Series H-51). Retrieved from [http://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2015/NSDUH-FFR1-2015.htm](http://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2015/NSDUH-FFR1-2015/NSDUH-FFR1-2015.htm)

³ Substance Abuse and Mental Health Services Administration. (2014). Opioids. Retrieved from <http://www.samhsa.gov/atod/opioids>





Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

What to Do if Your Medication Isn't Working

If you're in pain and your medication isn't working well enough, it can be tempting to stop or increase the dosage. However, trying to manage pain on your own without talking to your health care provider can have serious consequences, including unpleasant or dangerous side effects—or even death.

If your pain medication isn't working, call your health care provider.

Remember:

- **Don't change the dosage without talking to your health care provider.**
- **Don't abruptly stop taking your medication.**
- **Take medicines only as directed.**

When you talk to your health care provider:

- **Tell them about all the medicines you take, including prescriptions, over-the-counter medications, and any vitamins, supplements, or herbal medications.**
- **Describe what has happened since your last visit.**
- **Verify that you were prescribed the right medication.**
- **Ask what the medication is supposed to do and when it will start working.**
- **Write down any information the health care provider gives you about making a change in your treatment.**
- **Ask questions if the health care provider's instructions are unclear.**
- **Ask about nonpharmacologic treatment options.**

A good patient-provider relationship is a partnership. You and your health care providers can work as a team to address your problems with pain and keep you healthy. And, as always, do not share with others—prescription medications should always be monitored by a licensed prescriber or health care provider.

Additional Resources

For more information on pain management, visit: www.integration.samhsa.gov/clinical-practice/pain-management or <http://www.cdc.gov/drugoverdose/prescribing/patients.html>.

Sources Consulted

- National Institute on Drug Abuse. (2014). Preventing and recognizing prescription drug abuse. Retrieved from <http://www.drugabuse.gov/publications/prescription-drugs-abuse-addiction/preventing-recognizing-prescription-drug-abuse>





Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

My Medications

Patient's Name _____

Health Care Provider's Name _____

Health Care Provider's Phone _____

Some medications and supplements may be dangerous or even fatal when combined with opioid pain medications. To prevent any dangerous side effects, it is important to keep a detailed list of all medications or supplements you are taking and to share this information with your health care provider.

NEED HELP?

Call **1-800-662-HELP (4357)** for 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish, or visit www.samhsa.gov/find-help.

Find more information on safe pain management here: <http://www.cdc.gov/drugoverdose/prescribing/patients.html>





Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

Prescription Pain Medication Agreement

I agree to the following:

1. I will only take prescription pain medication from _____. I will not seek these medications from other health care providers.
2. I will inform _____ of any new medication or supplements I am taking, including over-the-counter medications.
3. I will only take my prescription as prescribed and will not increase or stop the dose without instruction from _____.
4. I will store all medications in a safe and secure place and will not give or sell my medication to anyone else.
5. I will fill my prescriptions at only one pharmacy (name: _____) and understand that my prescriptions may be monitored by my state's online prescription drug monitoring program.
6. I understand that if my prescription runs out early for any reason (for example, if I lose the medication or take more than prescribed), _____ might not prescribe extra medications for me; I may have to wait until the next prescription is due.
7. I understand that if I lose my medication, if it is stolen from me, or if I take more than is prescribed, _____ might not prescribe additional medication for me and that I might have to wait until it is time for my next prescription. If I fail to follow this agreement, _____ may no longer write prescriptions for me.
8. I agree to submit to drug testing (blood or urine) when requested by my health care provider.

Patient signature _____ Date _____

Sources Consulted

- Teichman, P. (2001). A tool for safely treating chronic pain. *Family Practice Management*, 8, 47–49.
- American Academy of Pain Management (AAPM). (2002). Opioid agreements/contracts: The American Academy of Pain Management's Take on the Subject. *American Academy of Pain Management Prescribing Issue: Opioid Agreements & Contracts*. Retrieved from https://depts.washington.edu/fammed/files/CE_AAPM_Prescribing%20Issues.pdf

NEED HELP?

Call 1-800-662-HELP (4357) for 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish, or visit www.samhsa.gov/find-help.

Find more on safe pain management here: <http://www.cdc.gov/drugoverdose/prescribing/patients.html>



Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

Prescribing Opioids: Reduce the Risk

The Facts

- In 2014, more than 240 million prescriptions were written for prescription opioids, which is more than enough to give every American adult their own bottle of pills.¹
- Drug overdose is the leading cause of accidental death in the United States, with 52,404 lethal drug overdoses in 2015. Opioid addiction is driving this epidemic, with 20,101 overdose deaths related to prescription opioids and 12,990 overdose deaths related to heroin in 2015.²
- The cost of opioid overdoses that occurred in 2009 was estimated to be more than \$20 billion in direct medical costs and indirect work loss costs.³
- Of the 20.5 million Americans 12 or older who had a substance use disorder in 2015, 2 million had a substance use disorder involving prescription opioids and 591,000 had a substance use disorder involving heroin.⁴

Reducing Use, Misuse, and Overdose

- Talk with patients about the risks of taking prescription opioids, including dependence, opioid use disorders, overdose, and even death.
- Discuss with patients a variety of pain treatment options, including non-opioid or nonpharmacologic therapies.
- Prescribe the lowest effective dose and quantity and monitor treatment progress regularly.
- Review patient expectations for their prescriptions.
- Make a plan with your patient on how to stop opioids when his or her treatment is done or no longer effective.
- Teach patients how to safely use, store, and dispose of prescription drugs.
- Check your state's prescription drug monitoring program (PDMP).

Additional Resources

- Centers for Disease Control and Prevention (CDC) Opioid Overdose Home Page:
<http://www.cdc.gov/drugoverdose>
- U.S. Food and Drug Administration (FDA) Drug Safety and Availability: Opioid Medications:
<http://www.fda.gov/drugs/drugsafety/informationbydrugclass/ucm337066.htm>
- National Institute on Drug Abuse (NIDA) Opioid and Pain Management CMEs/CEs:
<https://www.drugabuse.gov/opioid-pain-management-cmesces>
- Providers' Clinical Support System for Medication Assisted Treatment:
<http://www.asam.org/education/pcss-mat>
- Providers' Clinical Support System for Opioid Therapies: <http://pcss-o.org>
- SAMHSA's Efforts to Fight Prescription Drug Misuse and Abuse:
<http://www.samhsa.gov/prescription-drug-misuse-abuse/samhsas-efforts>

NEED HELP?

If a patient is misusing opioids or has other substance misuse issues, refer them to an opioid treatment program or office-based opioid treatment provider in your area or the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline.

Call **1-800-662-HELP (4357)** for 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish, or visit www.samhsa.gov/find-help.



Substance Abuse and Mental Health Services Administration
SAMHSA



¹ U.S. Department of Health and Human Services. (2016). The opioid epidemic: By the numbers. Retrieved from <https://www.hhs.gov/sites/default/files/Factsheet-opioids-061516.pdf>

² American Society of Addiction Medicine. (2016). Opioid addiction 2016 facts and figures. Retrieved from <https://www.asam.org/docs/default-source/advocacy/opioid-addiction-disease-facts-figures.pdf>

³ Inocencio, T., Carroll, N., Read, E., & Holdford, D. (2013). The economic burden of opioid-related poisoning in the United States. *Pain Medicine*, 14(10), 1534–1547.

⁴ American Society of Addiction Medicine. (2016). Opioid addiction 2016 facts and figures. Retrieved from <https://www.asam.org/docs/default-source/advocacy/opioid-addiction-disease-facts-figures.pdf>



Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

Prescription Drug Monitoring Programs (PDMPs)

PDMPs are a promising tool for curbing the misuse of prescription opioids.

Q: What Is a PDMP?

A: PDMPs are state-run electronic databases that collect patient-controlled substance prescription information submitted by dispensers. Although each state PDMP is governed by its own laws, many states are working toward interstate PDMP data sharing to allow users to access data across state lines.

Q: Why Are PDMPs Used?

A: PDMP information is a resource for health care providers and may help:

- Avoid duplicative therapy;
- Identify negative drug interactions;
- Prevent substance misuse or death; and
- Identify individuals who may need treatment.

Q: What About Patient Privacy?

A: When accessing a patient record through a PDMP, health care providers must abide by state and federal regulations for privacy. Although the details vary by state, health care providers are usually able to consult with other health care providers directly involved in a patient's care in order to ensure appropriate and adequate care. Check local laws for the most up-to-date information.

Use the following links for more details about your state's PDMP and safe, effective pain management:

- Register and Access Your State's PDMP: <http://www.pdmpassist.org/contact/>
- State PDMP Contact List: <http://www.pdmpassist.org/node/400>
- State PDMP Websites: <http://www.pdmpassist.org/content/state-pdmp-websites>
- Centers for Disease Control and Prevention (CDC) Guideline for Prescribing Opioids for Chronic Pain: <http://www.cdc.gov/drugoverdose/prescribing/guideline.html>
- National Alliance for Model State Drug Laws (NAMSDL): <http://www.namsdl.org/prescription-monitoring-programs.cfm>

Sources Consulted

- Office of National Drug Control Policy. (2011). Prescription drug monitoring programs. Retrieved from https://obamawhitehouse.archives.gov/sites/default/files/ondcp/Fact_Sheets/pdmp_fact_sheet_4-8-11.pdf

NEED HELP?

If a patient is misusing opioids or has other substance misuse issues, refer them to a Medication-Assisted Treatment program in your area or the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline.

Call **1-800-662-HELP (4357)** for 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish, or visit www.samhsa.gov/find-help.



Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

Talking to Your Patients About Opioids

Discussing pain medication with your patients is critical to ensure they understand the range of options to manage their pain. Whether your patient is concerned about side effects, has a past history of substance use disorders, or may be at risk for misuse or overdose, it is important to provide clear and consistent guidance.

Pain treatment should be team-based, personalized, multi-disciplinary, and patient-centered, and health care providers should consider sharing nonpharmacologic options for pain management with their patients as appropriate. According to the National Center for Complementary and Integrative Health,¹ research suggests that acupuncture can help manage certain pain conditions. In addition, some pain may be relieved through the moderate use of ibuprofen or incorporating yoga into a daily exercise routine or a prescription/referral for physical therapy.

Consider the following points during conversations with your patients:

- Patients should not take medications more often than prescribed or outside of the recommended prescribed dosage.
- Patients need to be aware of potential interactions with other substances. They should never stop or change a dosing regimen without first discussing it with a health care provider, and they should never use another person's prescription.
- Patients should be reminded not to share or sell their personal opioid medications. They should dispose of unused medications properly and avoid keeping opioid medications around "just in case." For more information, they should refer to the FDA guidelines.²
- If you, the health care provider, subscribe to your state's PDMP, you may also wish to inform your patients that their controlled substance prescriptions will be monitored automatically in this exchange program to ensure optimal care.
- Patients should practice safe medication storage, putting medications out of sight and out of reach from children and guests.

More Information

- Centers for Disease Control and Prevention (CDC) Guideline for Prescribing Opioids for Chronic Pain: <http://www.cdc.gov/drugoverdose/prescribing/guideline.html>
- Teens and young adults: <https://www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringsafeuseofmedicine/safedisposalofmedicines/ucm186187.htm>
- Adults: <http://www.drugabuse.gov/related-topics/treatment-research/how-to-find-help-drug-abuse-problem>
- Health care providers: <https://www.drugabuse.gov/nidamed-medical-health-professionals/tool-resources-your-practice/opioid-prescribing-resources>

NEED HELP?

Call **1-800-662-HELP (4357)** for 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish, or visit www.samhsa.gov/find-help.



¹ National Center for Complementary and Integrative Health. (2014). Acupuncture: What you need to know. Retrieved from <https://nccih.nih.gov/health/acupuncture/introduction>

² U.S. Food and Drug Administration. (2016). Disposal of unused medicines: What you should know. Retrieved from <https://www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringsafeuseofmedicine/safedisposalofmedicines/ucm186187.htm>



Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

Safe Disposal of Prescription Medications



Of the 4 billion prescriptions filled in the United States every year, **one-third of them go unused**. That's 200 million pounds of unused medications.¹

Unused medications should be disposed of as soon as possible to limit the possibility of illegal use.



Flushing or dumping down a drain is not the best way to dispose of medication. Sewage treatment systems can't remove all the medications from the water released into lakes, rivers, or oceans in your area.²

So what are the other options?

Medication “Take-Back” Programs

“Take-back” programs allow the public to bring unused drugs to a central location for proper disposal. Call your local government’s trash and recycling service to see if a program is available.

In addition:

- The DEA allows you to mail back unused prescription medications to pharmacies and other authorized sites using packages made available at pharmacies and other locations.
- Most states have agency collection boxes overseen by law enforcement or pharmacies. Call the DEA’s Registration Call Center to find box locations or other disposal sites: 1-800-882-9539, or go to <https://nabp.pharmacy/initiatives/awarxe/drug-disposal-locator/> or www.deadiversion.usdoj.gov/drug_disposal/index.html.
- Community coalitions and law enforcement in your area may sponsor “medication take-back events” periodically.

Disposal in Household Trash

If these programs are not available in your area, place the drugs in the trash by following these steps:

- Remove them from their original containers and conceal or remove any personal information, including the Rx number, from the container.
- Mix the medications with something inedible, such as coffee grounds or kitty litter.
- Place the empty container and the mixture in a sealed bag or empty can.

For more information, go to <https://www.epa.gov/research> or <https://www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringsafeuseofmedicine/safedisposalofmedicines/default.htm>.



¹ Dispose My Meds. (n.d.). You and the environment. Retrieved from <http://disposemy meds.org/environmental-impact/>

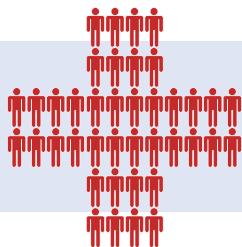
² United States Geological Survey. (2014). Pharmaceuticals, hormones, and other organic wastewater contaminants in U.S. streams. Retrieved from <http://toxics.usgs.gov/pubs/FS-027-02/pdf/FS-027-02.pdf>



Rx Pain Medications

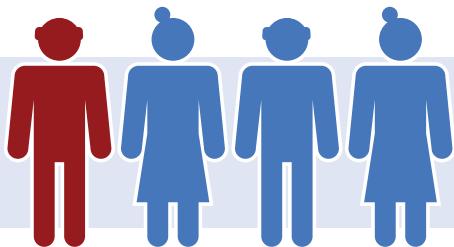
KNOW THE OPTIONS • GET THE FACTS

Safe Storage of Prescription Medications



From 2006 to 2012, there were **21,928 pediatric** (age 18 or younger) Emergency Department visits for prescription opioid poisonings, and more than half were unintentional.¹

Children under six years of age account for 46.8 percent of all human exposure calls to poison centers.²



Nearly 1 out of every 4 grandparents say they store prescription medication(s) in easy-access places, and 18 percent keep over-the-counter medication(s) in accessible places.³



What You Can Do

- Make sure your medications are out of sight and out of reach from children and guests. Lock boxes work well.
- Teach your children about medication safety. Never tell children medication is candy to get them to take it.
- Make sure the safety cap is locked. Twist until you hear the click or you can't twist anymore.
- Keep track of how much medication you've used and keep a list of all medications in the house.
- Ask houseguests and visitors to keep purses or coats that have medication(s) in them out of sight when they're in your home.

When You're Away From Home

- When packing for a trip, keep your medication(s) in their original child-resistant containers.
- When staying in a hotel, secure your medication(s) in a passcode-protected hotel room safe.

IN CASE OF EMERGENCY

Call 9-1-1 in case of overdose or the National Poison Help number at 1-800-222-1222 for more information.



Substance Abuse and Mental Health Services Administration
SAMHSA



¹ Substance Abuse and Mental Health Services Administration. (2013). Emergency Department visits among children: Psychotherapeutic drugs involved in adverse reactions or taken by accident. *The DAWN Report*. Retrieved from <https://www.samhsa.gov/data/sites/default/files/Spot097-PsychotherapeuticRxChildren/Spot097-PsychotherapeuticRxChildren.pdf>

² Mowry, J. B., Spyker, D. A., Brooks, D. E., Zimmerman, A., & Schauben, J. L. (2016). 2015 Annual Report of the American Association of Poison Control Centers' National Poison Data System (NPDS): 33rd Annual Report. *Clinical Toxicology*, 54(10), 924–1109. Retrieved from https://aapcc.s3.amazonaws.com/pdfs/annual_reports/2015_AAPCC_NPDS_Annual_Report_33rd_PDF.pdf

³ C.S. Mott Children's Hospital National Poll on Children's Health. (2012). Easy-access medication(s) a poisoning risk for kids at home. Retrieved from: <http://mottnpch.org/reports-surveys/easy-access-medicines-poisoning-risk-kids-home>



Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

Common Names for Prescription Opioid Pain Medications

Different names are often used for the same drugs, which can make it hard to tell exactly what type of pain medication is being taken. This can result in patients misidentifying the types of medications they are on, failing to report certain medications to their health care provider, or duplicating therapy by unknowingly taking the name brand and generic versions of one medication.

The table below outlines some common brand and slang names for prescription opioid pain medications. Be sure to tell your health care provider about any and all medications you are taking, in order to avoid potentially dangerous combinations.

Medication Generic Name	Brand Names	Street/Slang Names
Oxycodone	OxyContin®, Percodan®, Percocet®, and others	O.C., Oxycet, Oxycotton, Oxy, Hillbilly Heroin, Percs
Hydrocodone or dihydrocodeinone (typically combined with acetaminophen)	Vicodin®, Lortab®, Lorcet®, and others	Vike, Watson-387
Morphine	Kadian®, Avinza®, MS Contin®, Duramorph®, Roxanol®	M, Miss Emma, Monkey, White Stuff
Codeine	Various brand names; often combined with acetaminophen and aspirin	Captain Cody, Cody, Lean, Schoolboy, Sizzurp, Purple Drank With glutethimide: Doors & Fours, Loads, Pancakes and Syrup
Fentanyl	Duragesic®, Actiq®, Sublimaze®	Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, Tango and Cash, TNT
Hydromorphone	Dilaudid®	D, Dillies, Footballs, Juice, Smack
Meperidine	Demerol®	Demmies
Oxymorphone	Opana®	Biscuits, Blue Heaven, Blues, Mrs. O, O Bomb, Octagons, Stop Signs

Sources Consulted

- National Institute on Drug Abuse. Drug facts: Prescription pain medications (Opioids). *NIDA for Teens*. Retrieved from <http://teens.drugabuse.gov/drug-facts/prescription-pain-medications-opioids>
- National Institute on Drug Abuse. Commonly abused drugs charts (Prescription opioids). *Drugs of Abuse*. Retrieved from <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

NEED HELP?

Call **1-800-662-HELP (4357)** for 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish, or visit www.samhsa.gov/find-help.





Rx Pain Medications

KNOW THE OPTIONS • GET THE FACTS

Treating Overdose with Naloxone

Naloxone is an antidote to opioid overdose¹ and is available as an injection or pre-filled auto-injection or intranasal device. If you have been given a naloxone device, you should²:

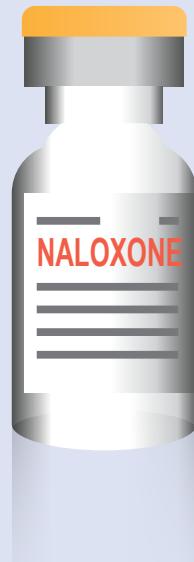
- ✓ Keep the device on you at all times in case of opioid overdose.
- ✓ Pay attention to the expiration date.
- ✓ Call your prescribing health care provider if you have a naloxone vial for injection and the liquid looks discolored or has particles.

Be sure family members/caregivers/others you are close to know the following. Learn more in the Opioid Overdose Prevention Toolkit.³

- ✓ Know how to tell if you are experiencing an overdose.
- ✓ Know where you keep the naloxone and how
- ✓ Call 9-1-1 in case of overdose and know what to do when waiting for emergency professionals.

Visit <https://www.drugabuse.gov/related-topics/opioid-overdose-reversal-naloxone-narcan-evzio> for more information on opioid overdose reversal.

Many states have expanded access to naloxone,^{4,5} making it available to people who may witness an overdose—including law enforcement, family members, and caregivers.⁶ Laws about naloxone use and administration vary from state to state.^{7,8} Please check your local state laws.



Signs of overdose, which often results in death if not treated, include:

- Extreme sleepiness, inability to wake verbally or upon sternal rub.
- Breathing problems that can range from slow to shallow breathing in a patient who cannot be awakened.
- Fingernails or lips turning blue or purple.
- Extremely small “pinpoint” pupils.
- Slow heartbeat and/or low blood pressure.

¹ Substance Abuse and Mental Health Services Administration. (2016). Opioid overdose. Retrieved from <http://www.samhsa.gov/medication-assisted-treatment/treatment/opioid-overdose>

² U.S. National Library of Medicine. (2016). Naloxone injection. *MedlinePlus*. Retrieved from <http://www.nlm.nih.gov/medlineplus/druginfo/meds/a612022.html>

³ Substance Abuse and Mental Health Services Administration. (2016). SAMHSA opioid overdose prevention toolkit. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved from <https://store.samhsa.gov/shin/content/SMA16-4742/SMA16-4742.pdf>

⁴ Campo-Flores, A., & Elinson, Z. (2014). States expand access to overdose-reversal drug. *The Wall Street Journal*. Retrieved from <http://www.wsj.com/articles/states-expand-access-to-overdose-reversal-drug-1409247874>

⁵ Dennis, B. (2014). As opioid deaths surge, a push to get antidote into hands of abusers' friends and family. *The Washington Post*. Retrieved from http://www.washingtonpost.com/national/health-science/2014/06/20/d6ce4356-e82f-11e3-afc6-a1dd9407abcf_story.html

⁶ U.S. Food and Drug Administration. (2017). Information about naloxone. Retrieved from <https://www.fda.gov/Drugs/DrugSafety/PostmarketDrugSafetyInformationforPatientsandProviders/ucm472923.htm>

⁷ Burris, S. (n.d.). The law in my state. *Project on Harm Reduction in the Health Care System*. Retrieved from <http://www.temple.edu/lawschool/phrhcs/Naloxone/Naloxonepolicy.htm>

⁸ Chooper's Guide. (2012). State laws regulating naloxone and Good Sam 911. Retrieved from <http://choopersguide.com/content/naloxone-state-laws.html>